



Newsletter

Important Dates

Tuesday

17th September 2019

Whole School Performance
BBQ from 5:00pm and
Performances from 5:30pm
in the Gully

Saturday

21st September 2019

Koombahla Aged Care Fete

Monday

23rd September 2019

Children's University
Hours Due to Mrs Brooks

Friday

27th September 2019

Colour Run

Friday

27th September 2019

Last Day of Term 3

Monday

14th October 2019

First Day of Term 4
There is no Staff
Development Day at the
beginning of Term 4.

Friday

13th November 2019

Kindergarten Information
Evening. 5pm - 6pm

Thursday

5th December 2019

Year 6 Farewell

Principals Message -

I love school photo day. The kids turn up looking a million bucks in their school uniforms, girls with ribbons and curls and boys with slicked back hair. And everyone in a spotless uniform - until about five minutes past nine. Then there is butter from breakfast club or chocolate milk from the canteen smudged all over the place. School photos are a beautiful moment in time and they are perfect because they are not perfect. I hope you enjoy that moment in time when it comes home. Maybe you could find your old school photos and check in on yourself. My sincere thanks to the parent volunteers who assisted the Botanical Gardens to plant a garden in the back playground. Congratulations to the P&C for a wonderful Father's Day breakfast and raffle. That was an impressive raffle and I'm sure some Dads were very happy to have scored a prize.

"A good cold can halve my hearing ability" – Living with hearing impairment

Celeste Liddle, an Arrernte Australian woman writing for the SMH and Guardian, and a National Indigenous Organiser, shares how her hearing impairment will affect her for the rest of her life .

"When I was about seven years old, I was sent to speech therapy. Over a few months, I worked with a therapist to correct patterns of discussion and counteract a well-developed mumble which I had acquired. In the years that followed, many people remarked on my comparatively refined 'accent' and are usually shocked when I tell them how I acquired it. So why then, as a child, did I mumble? It was because, like many Aboriginal children, years of chronic ear disease had left me speaking how I heard the words being said to me.

"While I had navigated the system educationally in these younger years so that somehow my writing and reading skills became quite advanced, I continually had issues grasping spoken instruction. This led to behavioural issues such as frustration and social withdrawal. I was beyond awkward and introverted. Speech therapy and the insertion of grommets was the beginning of what has been a lifetime of treatment for ear ailments. Even now, a good cold can halve my hearing ability for up to three weeks, tinnitus is a fact of life, and perforated ear drums are normal...

"Despite the fact that I will have ear problems for life and indeed am facing restorative operations and severe hearing loss later on, I am forever thankful that my issues were picked up and that I was able to access appropriate treatment as a child. This treatment allowed me to catch up to my peers at school as well as develop mechanisms to cope with my limitations. My focus on writing as a key communication mode is indeed a huge part of learning to work with these limitations. The likelihood of me eventually finishing school and going on to university would have been severely diminished had these problems not been addressed."

Source: Ear health and hearing loss - Creative Spirits, retrieved from <https://www.creativespirits.info/aboriginalculture/health/ear-health-and-hearing-loss>

Rugby League Skills Clinic

On Thursday 5th September a group of Year 6 Plattsburg students participated in a Rugby League Skills Clinic run by a Year 9 Sports Class from Callaghan College Wallsend.

The students practiced tackling, evading, passing, kicking and all the other fundamental skills of Rugby League in game based situations.

It was great for the Year 6 students to make connections with the High School head PE Teacher, Mr Johnson.

All students had an awesome time.

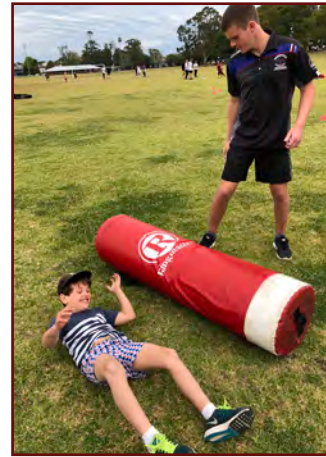
Thanks to them for their participation and engagement.

The clinic was part of the high school's curriculum and the year 9 students were assessed on:-

- Creativity of the drill(s)
- Student interest and engagement
- Explanation, Demonstration, Practice, Evaluate
- Effective use of equipment
- Equal contribution of all group members
- Rewards, Praise and Encouragement

On completion of the Primary School Teach each group member will need to complete on CANVAS an evaluation of their peer teaching experience.

All students at Plattsburg Public School had a great time and it was awesome to see the smiles and laughter on their faces while interacting with the Callaghan Wallsend High School students. It was a great fun session had by all.





VOICE TREATY TRUTH

NAIDOC 2019 - Voice. Treaty. Truth.

An amazing NAIDOC celebration was held on Friday 30 August in the school hall. A combined choir of students from Callaghan College Wallsend and Plattsburg opened our celebrations by singing the National Anthem in Awabakal and English. Djarayi Henry then delivered a thoughtful Acknowledgement of Country. Following this our Didgeridoo group, under the instruction of Riley Davey, played a brilliant set of vibrant tones. Four of our senior girls shared an historical account of the arrival of Arthur Phillip from the perspective of the Gadigal people. Completing our celebration our Cultural Dance troupe performed a stylised dance. It was a tremendous effort from our students and special thanks to Aunty Rubie for coordinating and supporting everyone involved.



Father's Day Celebrations

Despite the rain, our Fathers Day breakfast was a huge success. We had many families join us for breakfast where we celebrated all the significant fatherly figures in our students lives with a breakfast of bacon and eggs. Thank you to everyone who attended we hope you had a special day. To the staff who came to school at 7am with frypan in hand to cook our school community a delicious breakfast, thank you. To the P&C for their donation of bacon, eggs and juice, thank you.



The Father's Day raffle was drawn at the Father's Day breakfast. Congratulations to the following raffle winners, Maisy Gorton, Brad Green, Sophie Taylor, Allira Wiggins, Dane Collaros, Ruby Mitchell, Matilda O'Brien and Luke Laicy.



Thank you to everyone who purchased raffle tickets and for supporting our small school. Every dollar we raise goes directly back towards our great school and it's students.

St James Lodge Scholarship Applications must be submitted by 3:00pm, 15th November 2019

The St James Lodge of Wallsend will provide one scholarship to students entering Year 5 and Year 6 in 2020. A bursary amount of \$250 will be paid to three successful applicants for the 2020 year. All funds will be retained by the school. Consideration will be given to applicants who can display potential to academically and civically thrive in the primary school environment and who would benefit from additional financial support.

The scholarship funds are intended to be spent on items including:

- Uniform Cost
- Excursion Costs
- Book Packs
- Cultural Activities

BASIC ELIGIBILITY

- Attend Plattsburg Public School
- Currently in Year 4 or Year 5
- Not in receipt of another scholarship, e.g. Smith Family Scholarship

SELECTION CRITERIA

- Have positive attitude towards school and high attendance rates
- Demonstrated capacity to academically achieve
- Evidence of participation in aspects of school life
- One written reference from a teacher
- Agree to the terms and conditions of the scholarship.

FURTHER INFORMATION

Contact the Plattsburg Public School Front office to organise a time to speak with the principal. Ph: 0249 559196 and application form can be found on our school's website.

https://plattsburg-p.schools.nsw.gov.au/content/dam/doe/sws/schools/p/plattsburg-p/localcontent/PPS_Scholarship_2020_Application_v3.pdf

Safe and Happy Students

Our school is committed to building a safe and happy environment for students, staff, parents and the broader community. We encourage parents and carers to advocate strongly on their child's behalf and, as part of this, expect them to raise concerns about their child. Sometimes these concerns may relate to the way a child may have been treated by another student at this school. It is natural for parents and carers to feel protective of their children. However you must not raise any concerns you have about the behaviour of another child directly with that child (or his or her parents while they are at school) but should instead report your concerns to the principal or a member of the executive team. Your concerns will be taken seriously and responded to promptly. If a parent, carer or other community member raises their concerns directly with a child (or their parents while they are at school) this may result in the access that person has to the school site being restricted or withdrawn. We greatly value the contribution parents, carers and other community members make to the school community and do not wish to take any action that impacts on their participation in school activities.

Please let us know if you have concerns about the behaviour of another person's child while they are at school or on school related activities. Raising your concerns directly with the child (or his or her parents while they are at school) could result in your access to the school site being restricted or withdrawn.

Family Law

The Department recognises that some families will be subject to family breakdown. In the absence of any notification to the contrary, it will be assumed that both parents retain a shared and equal parental responsibility for their children and have been involved in making any decisions regarding their children's

education. This means that the school will recognise that each parent has equal duties, obligations, responsibilities and opportunities in relation to matters involving the school. If any changes occur in your family relationships, which have the potential to impact on the relationship between the school and your family, you are required to advise the school immediately. This includes providing copies of any court orders that may be obtained.

Breakfast Club

Breakfast Club is a very important initiative we have at Plattsburg. It's a free service that provides a healthy breakfast for all students. Breakfast Clubs in schools have proven to help students be more attentive in class. Our Breakfast Club relies on volunteers to keep the doors open and donations to keep the students fed. We need more helpers. There are three main roles we need help with, morning helpers, bread collectors, and bread cutters with each role only taking about an hour to complete. We appreciate any and all help. If you think you could help us out once a week or once a month we'd love to hear from you.

Whole School Performance

Whole School Performance permission notes are due to your class teacher. We hope you can all join us to celebrate the talents of our students and enjoy a sausage sizzle cooked by our P&C. Notes can be downloaded from the Skoolbag app. Sausage sandwich \$2.50 and drinks \$1.50

Colour Explosion Fun Run

Only two weeks to go until the students have the time of their life with the Colour Explosion Fun Run. Don't forget to hand in your permission notes and entry fee to school by the 27th September.

The Colour Explosion is on the last day of Term 3 and will be lots of fun! A sausage sizzle Meal Deal and entry fee can also be paid for online at quickcliq.com.au.

All About Being Anxious

Statistics show that anxiety disorders are very common for young people aged between 16 and 25. In fact, 1 in 5 young women and 1 in 10 young men experience anxiety to an extent that interferes with their everyday life. As parents it can be difficult to recognise the signs and symptoms and when to take action. Learn more about anxiety, and how to determine if it is an issue for your child.

What is anxiety?

Everyone gets anxious at times – it's a normal part of life. However when someone becomes so worried or afraid of something, or obsessed about something happening in a certain way, that it affects their everyday life and causes them problems, there may be an underlying anxiety disorder at play. Anxiety is common, with around 15% of young people having an anxiety disorder and most experiencing their first symptoms before the age of 15.

Types of anxiety disorders

There are many different types of anxiety disorders. The most common are summarised below:

- Generalised anxiety disorder: Anxiety or worry that isn't about one specific thing, but can be about many everyday situations
- Social anxiety: Fear of being in public situations where people might judge you
- Panic disorder: Repeated panic attacks that make you feel fear or terror, or like you're having a heart attack.
- Agoraphobia: Fear of being in a situation from which escape might be difficult.
- Specific phobia: Severe or intense fear of a specific situation or object.
- Separation anxiety disorder: Extreme fear of being separated from a loved one or home.

What are the risk factors for anxiety?

There are a number of factors that have been shown to increase the likelihood of someone experiencing an anxiety disorder. These include:

- Genetics, a family history of anxiety
- Personality factors, such as your child being highly sensitive
- Chronic illnesses, like asthma and diabetes
- An ongoing stressful event
- Trauma such as grief or abuse
- Substance misuse

How can I recognize the symptoms of anxiety?

The symptoms of anxiety can look different for each type of disorder. However, common signs and symptoms to look out for in your child are:

- Extreme fear or worry about specific situations, or everyday life
- Saying their mind is racing and they can't think straight
- Inability to concentrate or poor memory
- Avoiding new and difficult situations
- Avoiding social situations, being socially isolated or extremely shy
- Always being on edge or nervous
- Being constantly tired and unable to sleep

Physical symptoms that may accompany anxiety include:-

- Chest pain, rapid heartbeats and sweating
- Shallow breathing and shortness of breath
- Restlessness and shaking
- Dry mouth, stomach pains, nausea, vomiting and diarrhoea
- Insomnia

When to take action

If your child experiences ongoing symptoms which can't be easily attributed to an obvious cause, or are preventing your child from performing everyday tasks without feeling anxious, then it's possible they have an anxiety disorder. If the symptoms go on for more than two weeks, it's a good idea to talk to your child and to seek professional help. There are also things that you can do to help your child by helping them become aware of how their anxiety affects them, and giving them steps that they can take to keep their anxiety under control. We hope this information assists parents.

Anti-bullying: Powerful Conversations

Another new resource developed by the NSW Department of Education is Anti-bullying found at this address:
<https://antibullying.nsw.gov.au/>

This site has resources to generate great conversations among teachers, students, and families to help prevent and address student bullying behaviour. Research indicates that although bullying is a difficult problem to address, it can be reduced through school-based interventions.

Within the site, The Powerful Conversations materials have been developed to generate conversations between teachers, students and families.

• What are some examples of the types of trolling behaviour young people could experience? What are some things we can do to reduce the impact of trolls? Where can we get help and advice?

• What can you do if you receive messages, images or links that are upsetting, or that you don't want to receive? How can you change your privacy settings? Where can you find practical help to block or remove material from the internet?

• If you receive an unwanted message about yourself or someone else, what can you do? Who can help?

• What can you do if you see unwanted or upsetting posts on the internet? How can you support your child if they, or one of their friends have been upset by something they have seen or received online? Where can you find help and support?



KINDERGARTEN ORIENTATION 2020 ORIENTATION DAY DATES

NOVEMBER 2019

13th Information Night 5 p.m. - 6 p.m.

19th Student Orientation 9:30 a.m. - 10:45 a.m.

20th Student Orientation 9:30 a.m. - 10:45 a.m.

28th Student Orientation 2:00 p.m. - 3:00 p.m.

Welcome to Plattsburg 2020 Kindergarten



VOLUNTEERS NEEDED!

BREAKFAST CLUB

BREAD COLLECTORS

BREAD CUTTERS

MORNING HELPERS

Made with PosterMyWall.com

BREAKFAST CLUB

BREAD COLLECTORS

- * Collect donated bread from Bakers Delight Jesmond
- * On Tuesdays at 6:30pm
- * Rotational roster

BREAD CUTTERS

- * Cut donated bread and stock freezer
- * On Wednesday, anytime
- * Rotational roster

MORNING HELPERS

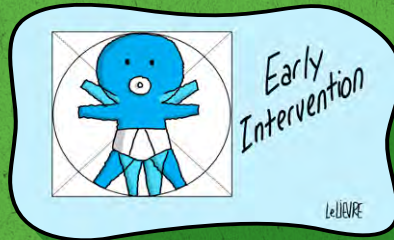
- * Serve students breakfast from 8:30am to 8:55am
- * General washing up and cleaning once service has finished
- * Rostered shifts, you can do one day or five

Made with PosterMyWall.com

Breakfast Club Roster				
Monday	Tuesday	Wednesday	Thursday	Friday
2/9/2019 Michelle Baurer Kayla K	3/9/2019 Allison (Bread Collector) Michelle Baurer Nabeel Tawfia Kayla K	4/9/2019 Nabeel Tawfia Amanda Bread Cutter	5/9/2019 Kylie Evans	6/9/2019 Carly Ackerman Melanie
9/9/2019 Michelle Baurer Kayla K	10/9/2019 Michelle (Bread Collector) Michelle Baurer Nabeel Tawfia Kayla K	11/9/2019 Nabeel Tawfia Shahn Bread Cutter	12/9/2019 Kylie Evans	13/9/2019 Carly Ackerman Melanie
16/9/2019 Michelle Baurer Kayla K	17/9/2019 Sandra Moriarty (Bread Collector) Michelle Baurer Nabeel Tawfia Kayla K	18/9/2019 Nabeel Tawfia Christina Bread Cutter	19/9/2019 Kylie Evans	20/9/2019 Carly Ackerman Melanie
23/9/2019 Michelle Baurer Kayla K	24/9/2019 Michelle (Bread Collector) Michelle Baurer Nabeel Tawfia Kayla K	25/9/2019 Nabeel Tawfia Amanda Bread Cutter	126/9/2019 Kylie Evans	127/9/2019 Carly Ackerman Melanie

Canteen Roster
Monday Sandra Moriarty
Tuesday Sandra Moriarty
Wednesday Bernadette Jopp Kylie Evans Clare Woodrow
Thursday Sandra Moriarty
Friday Amanda Walker 27/8 Sandra Moriarty Odette Radburn
Order online at www.quickcliq.com.au

THE FOUR 'R'S!



POWERFUL CONVERSATIONS ON BULLYING PREVENTION

Reducing bullying by strengthening positive people and places



NSW Childhood Immunisation Schedule

Primary and Community Health



6 WEEKS
AND 4 MONTHS

DIPHTHERIA-TETANUS-PERTUSSIS-HAEMOPHILUS INFLUENZAE TYPE B-HEPATITIS B-POLIO



Infanrix Hexa

PNEUMOCOCCAL



Prevenar 13

ROTAVIRUS



Rotarix

6 MONTHS

DIPHTHERIA-TETANUS-PERTUSSIS-HAEMOPHILUS INFLUENZAE TYPE B-HEPATITIS B-POLIO



Infanrix Hexa

*At risk children require an additional dose of Prevenar 13 (Pneumococcal)

12 MONTHS

MENINGOCOCCAL ACWY



Nimenrix

PNEUMOCOCCAL



Prevenar 13

MEASLES-MUMPS-RUBELLA



Priorix **OR** MMR II

18 MONTHS

MEASLES-MUMPS-RUBELLA-VARICELLA



Priorix Tetra **OR** ProQuad

HAEMOPHILUS INFLUENZAE TYPE B



Act-HIB

DIPHTHERIA-TETANUS-PERTUSSIS



Infanrix **OR** Tripacel

4 YEARS

DIPHTHERIA-TETANUS-PERTUSSIS-POLIO



Quadracel **OR** Infanrix IPV



FREE BBQ

Calling all
GARDENERS

THURSDAY 12TH SEPTEMBER.
9AM TO 1PM

Sydney Botanical Garden Society is building us a bush tucker garden. We are calling on some volunteers to help them plant. Please return form below if you can help.

I would love to help plant the new garden

NAME: _____ Phone: _____



JOIN US FOR
PLATTSBURG'S
COLOUR
EXPLOSION
FUN RUN

27th SEPTEMBER

Made with PosterMyWall.com



hunterwetlandscentre
CONSERVE DISCOVER EDUCATE

.jess

Danger Detective

Tues 15th Oct
10-12pm

get online week
14-20 Oct 2019